



BBQ BEEF IN PEPPER SHELLS

This barbecued beef mixture is colorful and healthy, served in bell pepper shells. For another variation, try spooning the mixture into warmed rolls. Makes 4 servings



Nutrition information
per serving:

Calories:	210
Carbohydrate:	25 g
Protein:	21 g
Total Fat:	4.5 g
Cholesterol:	45 mg
Sodium:	450 mg
Dietary Fiber:	9 g

INGREDIENTS

3/4 lb. extra lean ground beef	1/2 cup prepared barbecue sauce
1 large onion, peeled and chopped	1 teaspoon garlic powder
1 medium green bell pepper, cored and chopped	1 teaspoon liquid smoke
1 (14 1/2-oz.) can no salt added diced tomatoes	1 teaspoon ground ginger
3/4 cup 50% less salt canned black beans	4 bell pepper halves (any color)

PREPARATION

Brown ground beef in a medium skillet until no longer pink; drain excess fat. Add onion and cook for 5 minutes or until softened. Add all remaining ingredients; simmer for 10 minutes over medium heat. While beef is cooking, place bell peppers in a microwave safe dish with a small amount of water. Cover and cook on HIGH for about 5 minutes until crisp tender. Remove peppers from dish and place on a large plate; spoon filling into peppers.

